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**TIME TO PUSH BACK:
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HUNDREDS RALLY TO
SHOW SUPPORT** {page 4}

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SAILORS LOOK
FORWARD TO SOME
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BIG CROWDS BUOY
VOLLEYBALLERS
LOCAL** {page 3}



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News worth sharing.



Flames gut Bedford home

► Fire investigators now trying to determine the cause of the blaze ► Seven fire trucks responded to the scene as dozens of onlookers watched ► 'Roof burned right off, (flames) right out of the walls,' says neighbour



PHILIP CROUCHER/METRO

**PHILIP
CROUCHER**
@METRONEWS.CA

Video coverage

► For video of the fire, visit
metronews.ca/halifax.

A family home in Bedford is completely destroyed after being engulfed by fire yesterday afternoon.

Halifax Regional Fire and Emergency Services were called to 126 Eaglewood Dr. just after 3 p.m. and arrived to see heavy flames shooting out of the two-storey home.

"This is a big fire," Platoon Chief Mike Blackburn said as smoke still filled the upscale residence. "There's not much left."

Flames could be seen coming from both floors of the house, with a strong smoke smell filling the air in the quiet Bedford subdivision. Many neighbours watched as two-dozen firefighters battled the blaze, with the scene not cleared until about 7 p.m.

Blackburn said the homeowners were away for the day, but a teenage male was inside when the fire began. He was able to escape unharmed.

"It was fully up in flames. I'm surprised it hasn't fallen down

yet, really," said Evan Oulahan, a neighbour who watched the out-of-control blaze and posted video of it to YouTube.

The house was a newer home, with some neighbours saying that the homeowners had only moved in about a year ago and recently done some renovation work.

Blackburn said it's not a surprise to see such a modern home go up in flames so quickly.

"With the technology and the fabric that is in them, they're burning faster now than they ever have before," he said.

Some firefighters could be seen lying on the grass of neighbouring lawns as they fought the fire, catching their breath from what was no doubt exhausting work.

"We have some fatigued firefighters, but aside from that, no reports of injuries," Blackburn said.

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Cops seek man accused of groping woman

Police are looking for a man who allegedly groped a woman as she walked with a friend in Halifax.

Halifax Regional Police say the woman reported that a man grabbed her buttocks as they passed him Saturday at 9 p.m. around Queen and South streets.

They say he apologized after she screamed at him, but kept walking.

The male is described as Arabic, slender with short wavy hair and a goatee.

THE CANADIAN PRESS

Investigation

Police say the woman only reported the alleged incident on Sunday.

Two thefts reported at gas stations

Police say two men were caught breaking into the Petro Canada gas station on Joseph Howe Drive early yesterday morning.

The incident happened at 6:30 a.m., with the men, aged 23 and 21, both arrested inside the station, which was closed at the time.

In an unrelated case, police say another Petro Canada — this one on Bayers Road — was robbed on Sunday night by someone brandishing a knife. The suspect fled with cash and cigarettes. ● METRO

Salter sands a hit for beach volleyball worlds

- ▶ Canada's women won silver in front of sold-out crowd on Sunday
- ▶ Men's team just missed podium with bronze-medal loss



MATTHEW WUEST
@METRONEWS.CA

A beach volleyball tournament? In a parking lot? Not such a bad idea after all.

Halifax's unconventional approach to hosting the FIVB beach volleyball junior world championships on the Salter Lot along the waterfront over the past week turned out to be a smashing success.

"When we came here, we didn't know what to expect," said Canadian silver medalist Victoria Altomare. "We had seen a couple of pictures, but ... as you can see, this venue is just a great place to be, a great place to play, a great place to watch volleyball.... They didn't miss a thing."

More than 15,000 sun-soaked fans turned out for the five-day, under-21 event, and that's not including the many boardwalk gawkers and flag-waving supporters from Bishop's Landing balconies.

Buoyed by sold-out support of more than 2,000 on the feature court on Sunday, Altomare and her partner

Melissa Humana-Paredes posted a runner-up finish with a 21-16, 14-21, 15-11 loss to Switzerland's Nina Betschart and Joana Heidrich.



▶ Victoria Altomare, left, and Melissa Humana-Paredes celebrate a point during the FIVB beach volleyball junior world championship final on Sunday.

The silver medal marked Canada's best-ever women's finish — one that might not have happened without the crowd behind them.

"Before the game, you get chills up and down your spine," Humana-Paredes said. "You're brought to tears by how much love and support there is for you. Everyone is watching you. They're with you the whole way, when you're up, when you're down, and they bring you up. It was just amazing."

Canada's men's pair of Danny Demyanenko and Garrett May just missed a podium finish on Sunday



▶ Danny Demyanenko

as well, losing 21-23, 21-14, 15-13 to Brazil in the bronze-medal game.

The six-court facility is only temporary, however, and the sand is headed to the Burnside area for a per-

"It's beautiful. It's overlooking the water and it's gorgeous. Halifax did a great job, promoted it so well, and there were so many people here."

CANADIAN ATHLETE MELISSA HUMANA-PAREDES

manent Volleyball Nova Scotia training facility. But it is unlikely to be forgotten any time soon.

"The people, fans, all the cheers, the venue ... everything was just incredible," Altomare said.

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news


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Toronto's Labour Day parade affords hundreds a chance to say thank you to the late Jack Layton. Video at metronews.ca



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Premier to issue NewPage strategy

ALEX BOUTILIER
@METRONEWS.CA

Premier Darrell Dexter said his government will release its strategy to help woodlot operators affected by the NewPage mill's imminent shutdown this week.

He offered a few hints as to what options are being considered.

"We have done this before in the past, in terms of matching up the demand for wood in the province," Dexter told reporters.

"There's still a large demand for wood, and in fact over the last couple of years we've been an importer.... What we're looking to do is to ensure we're matching up the supply we have with the demand we have."



Premier Darrell Dexter

"Obviously it is the desire of the province to keep those people working and to keep those operations going, so we're going to look at what the hurdles are to overcome."

PREMIER DARRELL DEXTER

About 400 contractors are affected, but may be able to supply wood to other mills after NewPage closes.

While Dexter would not say if he expected a resolution by Saturday, he noted the mill will be in "hot idle" mode — meaning it can start up again at any time.

NewPage announced the imminent shutdown of both its paper machines last month, putting the livelihood of 1,000 workers in jeopardy. The first machine will shut down on Saturday, the second later in September.



Ken Georgetti, centre, president of the Canadian Labour Congress, helps lead yesterday's march.

Hundreds march in labour rally

Union members, supporters congregate on Halifax Common yesterday to mark Labour Day

ALEX BOUTILIER
@METRONEWS.CA

Premier jeered

The need to protect public-sector employment in a time of budget cuts and belt tightening was front and centre at yesterday's Labour Day festivities in Halifax.

A crowd of about 300, fresh from a march down Spring Garden Road and Robie Street, gathered to hear speeches from NDP politicians and union leaders on the Halifax common.

There, Canadian Labour Congress president Ken Georgetti told them it's time to fight back against

Crowd. A small portion of the crowd jeered Premier Darrell Dexter as he finished his speech and left the stage.

calls for reduction in public-sector jobs.

"Hear calls for cutbacks and wages in the private sector, and largely in the public sector. Hear calls for cutbacks in livable pensions," said Georgetti. "It's time that we start to push back, and think about what those wages and working conditions mean to us all."

While the majority of

the crowd waited patiently in line for free barbecue, Premier Darrell Dexter took the stage. Dexter listed the accomplishments of his governing NDP over the last two years, while noting significant challenges facing Nova Scotian workers, such as the imminent closure of the NewPage mill in Port Hawkesbury.

Dexter said his party still enjoys good relations with the labour movement, despite having to advocate for Nova Scotian employers as well as employees.

"Our relationship is a mature and respectful one," Dexter told reporters afterward.



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ROADS

Highway crash kills one

Police say a 31-year-old man was killed on a Halifax-area highway early Saturday when his car went off the road.

RCMP say the unidentified man was the only person in the car that veered off Highway 103

near Timberlea and landed in a ditch just after 9 a.m. The man was pronounced dead at the scene.

Sgt. Brigdit Leger says weather was good at the time.

Police temporarily closed the outbound lanes between exits 3 and 4 near Hubley, with traffic rerouted to the St. Margaret's Bay Road.

RCMP are investigating the cause of the crash.

THE CANADIAN PRESS

Man drowns in lake

A 51-year-old Halifax man drowned Saturday when he and a friend became exhausted as they snorkelled at a lake in Lunenburg County.

RCMP say the two grew fatigued as they headed back to shore in Hirtle Lake, but only one made it back safely at about 3:15 p.m.

THE CANADIAN PRESS

Shanghai family discovers the beauty of good advice on Atlantic shore

While an eye for beauty is similar around the world, banking methods are very different in a new country, according to Quanhong Chen, who brought his family to Canada in 2009.

Drawn to Atlantic Canada's peaceful beauty, Mr. Chen and his wife Li – successful beauty professionals from Shanghai – soon realized the challenges of settling in a foreign land. Fortunately, they found solid financial advice, in their native language, to unveil their goal of homeownership by the sea.

By chance, during a tour of Halifax, the family's creative spirit was ignited when they stumbled upon a house that matched Mr. Chen's aesthetic ideal. "I always dreamed of a home with a view of water, trees and flowers," he recalls, describing the six-bedroom home on Bedford Basin that bore no comparison to their cramped Shanghai apartment.

But beauty seemed fleeting when their bank offered them unattractive mortgage terms due to their short Canadian credit history. On the suggestion of a friend, they visited Scotiabank where they were greeted by a Mandarin-speaking personal banking officer who explained all the details of home-buying in Canada.

"This was our first mortgage ever and we didn't know anything about the real estate market," says Mr. Chen. He notes that the Scotiabanker took the time to carefully explain the various mortgage options.

In fact, Scotiabank has earned considerable praise from immigrants for offering tailored services such as the **Scotiabank StartRight[®]** Program¹ for Newcomers, which includes a free day-to-day bank account for one year², a wide range of VISA[®] card options³ and a number of other customized services and benefits.

A year after moving into their seaside home, the Chens are very happy with the service they received from Scotiabank, and Mr. Chen also appreciates the good advice he received in his native tongue, "It was so important to have a banker from our own culture who could give suitable advice. A mortgage is a very serious decision and it's hard to talk about this topic in a new language."

Mr. Chen also advises other newcomers to seek quality counsel from a banker who understands their concerns, including the need for credit upon arrival to help cover high settlement costs.

Now the Chen family is busy, both enjoying and enhancing the local beauty, as operators of the Cantrust Salon in Clayton Park, Halifax. "While business and banking are different here, beauty is the same – we love the friendly people, and we feel positive about our future."

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'Pure bliss' to be home again

Maritime Libyans say thanks

► HMCS Charlottetown returned home on Friday morning, six months from the day it left for NATO mission ► Charlottetown boarded five vessels and protected Libyan city of Misrata



JENNIFER
TAPLIN
@METRONEWS.CA

Lt.-Cmdr. Matthew Coates has some diaper changes to catch up on.

He met his son on the jetty at Halifax navy dockyard on Friday morning after the HMCS Charlottetown arrived home from a six-month mission to Libya.

Now that they're home, sailors and their families have set their minds to how they're going to enjoy the last of the summer in Halifax.

"We have no plans except for the long term. But I can answer this question: We're going to drink Tim Hortons, barbecue, be with family and do what every other Canadian does on the Labour Day long weekend," he said. "And apparently there are diapers to be changed. I'm not sure, I'm not an expert on that."

Coates was the first off the boat when it arrived at 10 a.m. He held his baby Nathaniel for the first time. Nathaniel was dressed in a onesie that read "Daddy's little hero."

"It's pure bliss I think. Overwhelming joy and re-



► Leading Seaman Ryan Taylor holds his six-month-old daughter Ava after arriving home on HMCS Charlottetown Friday.

"Did you miss me, or what?"

A SAILOR ABOARD THE HMCS
CHARLOTTETOWN

lief," said Coates, trying to explain his feelings reporters.

Lindsay Spears said she was shaking with excitement as the ship came in,

but she managed to spot her boyfriend Rob Sinclair on the deck.

"We're going to go camping for a week in Cape Breton. Just have some downtime and hang out," she said.

Master Seaman Natasha Allen-Gatrell couldn't believe how much her chil-

dren had grown while she was away.

"It's awesome to be home, and I couldn't wait to see my family. And they missed me so much!"

She said she plans to relax, get some sleep and much-needed family time in the coming weeks.

"And I'm going to have a

big salad because we ran out of vegetables very quickly," she said.



.....
For video of HMCS
Charlottetown's
return to Halifax
on Friday, visit
metronews.ca/halifax.

Fathi Ghanai of the Maritime Libyan Association wanted to express his heartfelt thanks to the sailors on HMCS Charlottetown.

"We thought we'd come here and show our support to our heroes, the Canadian troops. They were instrumental in bringing down the Gadhafi regime," he said on Friday morning. "I'm happy they helped all the Libyans, and we won't forget it."

He shook the hands of several sailors after they disembarked Charlottetown, and he also expressed his thanks to Defence Minister Peter MacKay.

MacKay told reporters the Charlottetown is the first ship since the Korean conflict to have been fired on.

Bullets then missiles were shot at the Charlottetown in two separate incidences in May, but the ship was not hit.

"This speaks to the peril and the danger of these missions and the sacrifice and the courage these soldiers undertake," MacKay said. ● JENNIFER TAPLIN

Changing places

► HMCS Vancouver took over from the Charlottetown last month.

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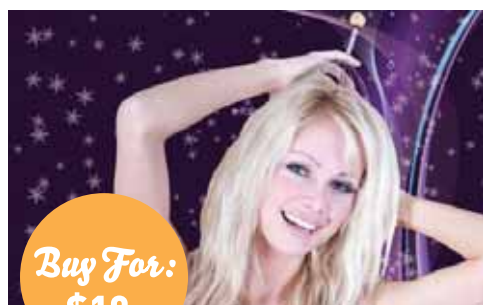
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Win a baby, for real, on radio



JOE LOFARO
@METRONEWS.CA
METRO CANADA IN OTTAWA

A new contest at radio Hot 89.9 called "Win a Baby" is drawing both applause and condemnation.

The radio contest, announced yesterday, offers people a chance to win up to three fertility treatments at a local clinic, valued at \$35,000.

Entrants are required to write a letter to the station explaining why they need the treatment.

To qualify for the top five, though, the women need to submit a reference form from a family doctor and will have to undergo a mandatory consultation with fertility specialists.

Most Facebook and Twitter comments praised the contest, but some felt it went too far.

"I think we're crossing some morality lines with this contest.... Imagine telling your child, you were a prize from a radio station



because we had problems conceiving," wrote Casey Schofield on the station's Facebook page.

"When one in six couples have trouble conceiving — that's a huge percentage," said Hot 89.9 co-host Jeff Mauler.

"If we help out those families or individuals who are looking to do this, then I think those people who are against it should see the bigger picture and realize that we're actually trying to help somebody who couldn't do this otherwise."

Labour parade keeps Layton's spirit alive



► A supporter photographs, from right to left, Mike Layton, Ontario NDP Leader Andrea Horwath, interim federal NDP Leader Nycole Turmel, and Sarah Layton marching in Toronto's Labour Day parade in memory of Jack Layton yesterday.

► Ontario NDP leader predicts a turn of tide in provincial election

The memory of Jack Layton loomed large at Toronto's Labour Day parade yesterday, with his name or picture on banners, placards, orange T-shirts and scarves.

Thousands of people moved from downtown to the CNE in the parade dedicated to the late NDP leader, who died from cancer last month.

Toronto city councillor Mike Layton, his sister Sarah, interim federal NDP leader Nycole Turmel and Ontario NDP Leader Andrea Horwath led off the procession. They held an orange banner featuring a photograph of a smiling Jack Layton that read "Labour Day march for Jack."

"I know he (Jack) always enjoyed a good parade and a good showing of solidarity with the workers of our city," Layton said.

Leader of Pack

- **New Democrat MP Olivia Chow** says she won't succeed her late husband, Jack Layton, as the next NDP party leader.
- **Chow's name has been mentioned** by some as a potential candidate.
- **Among several contenders** are Quebec MP Thomas Mulcair and party strategist Brian Topp.

Ontario NDP Leader Andrea Horwath said this was a chance to say thank you to Layton for his contribution to society.

"I think that today is a way of saying, 'You know, let's stay united and let's make sure that we actually fight for and work towards the kind of vision that Jack set out.'" **THE CANADIAN PRESS**



► Faron Hall

'Homeless Hero' jailed for panhandling assault

JAMES TURNER IN WINNIPEG

A man known affectionately across Canada as Winnipeg's "homeless hero" has been ordered to serve six months in jail following a panhandling run-in with a city doctor that turned violent.

Faron Hall, 48, was arrested downtown May 30

and has been locked up ever since. He pleaded guilty recently to a charge of simple assault.

The victim and her two young kids were getting into their car after a morning of shopping when Hall approached and put his hands out as if to ask for money, court heard. The doctor apologized, telling Hall she

had no cash to offer, and began reaching into her vehicle to give Hall some apples instead.

Hall grew angry and "slammed the door on her, pinning her between the car and the door," according to Crown attorney Susan Helenchilde.

Hall's heroics for diving into a freezing and dark

Red River to save a young man in May 2009 won him official honours from the City of Winnipeg, along with national attention.

Months later, he also braved the river water again to rescue a friend.

"It's very sad that its come to this and that he's engaged in this sort of behaviour, having established

himself in such an admirable way," said Helenchilde.

Hall used to be a young man with ambitions of completing university, but decades of battling alcoholism coupled with suffering through "horrific personal tragedies," thwarted his goal, said defence lawyer Barry Sinder.

Another shot on Samson Cree Nation

RCMP are investigating the fatal shooting of a 23-year-old woman on the Samson Cree Nation early yesterday morning, next door to where a boy was shot to death in July.

Const. Perry Cardinal said the shots were fired from outside the Hobbema home, where "some kind of gathering" was happening.

Officers responded around 2:55 a.m. and found a woman in the yard suffering gunshot wounds.

She was pronounced dead in hospital in Wetaskiwin.

Though police have no suspects, Cardinal said they are interviewing "a bunch of people of interest."

He said they are hoping someone will cooperate with more details about what left the woman, who is not being identified pending notification of kin, dead.

Police are not saying if they think the shooting is

Mystery gunfire

- **No charges have been laid** in the death of Ethan Yellowbird, who was fatally shot on July 11 next door to where yesterday's shooting took place.
- **Police are probing** possible gang activity in that shooting.

linked to the July 11 killing of five-year-old Ethan Yellowbird, who died by a single gunshot as he slept.

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Gadhafi reps sought arms, China confirms

- ▶ Libyan rebels say invoice was found listing \$200M in Chinese weapons
- ▶ Transitional government calls for improved relations with Beijing

China confirmed yesterday that representatives of Libyan dictator Moammar Gadhafi visited in July in a bid to buy arms, news that could further damage Beijing's relations with the new opposition government in Tripoli.

Although China insists no weapons were delivered, a spokesman for the Libyan opposition said there is evidence that Chinese companies shipped weapons through Algeria to Gadhafi's forces after the outbreak of the uprising in violation of a United Nations arms embargo.

Rebel military spokesman Abdel Raham Busim said documentation was still being collected and the new government was considering bringing legal action against Beijing, possibly at the United Nations.

Chinese Foreign Ministry spokeswoman Jiang Yu said Gadhafi's officials met with representatives from Chinese companies but insisted that no contracts were signed and no weapons were shipped.

She said China strictly adheres to a United Nations ban on supplying arms to the toppled regime and backed the role of the U.N. in a post-conflict Libya.



▶ A rebel looks at boxes of shell heads in a Libyan state industrial complex found by fighters in Crimea district, south of Tripoli, on Sunday.

Although there was no indication that the government played a role in the contacts, the fact that the meetings were held could deliver a further blow to Beijing's ties with Libya's rebels while reinforcing the belief that China may have been trying to play both sides of the conflict. **THE ASSOCIATED PRESS**

Rebels converge on dictator's stronghold

Rebel reinforcements converged outside one of Moammar Gadhafi's last strongholds in Libya yesterday,

even as the forces arrayed against the toppled dictator gave the town a chance to surrender and avoid a fight.

Thousands of rebels have now reached Bani Walid, a desert town southeast of Tripoli. Gadhafi himself has been on the run since losing the capital last month.

THE ASSOCIATED PRESS

Trial off to stormy start

A senior police officer said there were no orders to shoot protesters in Cairo's Tahrir Square in startling testimony yesterday, at the trial of Hosni Mubarak.

Gen. Hussein Moussa said orders were to use only tear gas and rubber bullets and to resort to live ammo only to protect police stations.

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Soggy Lee threatens flooding

Former tropical storm Lee dumped more than 30 centimetres of rain in New Orleans and spun off tornadoes elsewhere as its centre came ashore in a slow crawl north that raised fears of inland flash flooding in the Deep South and beyond.

Areas of Alabama, Louisiana and Mississippi near the coast reported scattered wind damage and flooding, but evacuations appeared to be in the hundreds rather than the thousands, and New Orleans' levees were doing their job more than six years after Hurricane Katrina swamped the city.

National Hurricane Center specialist Robbie Berg said Lee's flash-flood threat could be more severe as the rain moves from the flatter Gulf region into the rugged Appalachians.

THE ASSOCIATED PRESS

34 dead as Talas slams Japan

THE ASSOCIATED PRESS

► Heavy downpours by Typhoon Talas swamp a residential area in Kiho, central Japan.



► Fears of more mudslides in rain-soaked areas delay rescue efforts ► 200,000 homes without power

Japan braced for more heavy rain and floods as the death toll from the worst typhoon to hit the country in seven years climbed to 34.

Rescuers searched for 55 others who remained missing, and tens of thousands of families struggled without power or telephone service.

Typhoon Talas, which was later downgraded to a tropical storm, lashed coastal areas with destructive winds and record-setting rains over the weekend before moving offshore into the Sea of Japan. Thousands were stranded as it washed out bridges, railways and roads.

The destruction added more misery to a nation still reeling from a catastrophic earthquake and

tsunami six months ago. In one of his first acts in office, Prime Minister Yoshihiko Noda — sworn in just one day before Talas made landfall — vowed the government would provide as much assistance as quickly as it could.

"We will do everything we can to rescue people and search for the missing," Noda said.

The typhoon was the worst to hit Japan since 2004, when 98 people were killed or reported missing.

It caused most of its damage on the Kii peninsula in central Japan southwest of Tokyo.

The Japan Meteorological Agency predicted more heavy rain today in northern and western Japan, where the already sodden

ground caused fears of more mudslides and floods.

The extent of damage from the typhoon was still emerging yesterday.

Rescuers and reconnaissance teams spread out over the worst-hit areas to look for survivors or people stranded in flood zones, which though far smaller in scale, were reminiscent of the debris-ridden, mud-caked wasteland created by the tsunami.

During the search effort yesterday, rescuers recovered a dozen more bodies, bringing the confirmed death toll to 34, according to the government's emergency headquarters.

Evacuation advisories remained in place for about 100,000 people.

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
Future 'bleak' for young workers, OFL chief says

Canada could face a labour shortage within five years as baby boomers retire, even as a younger generation of workers confronts a future full of part-time jobs with poor pay and little in the way of a pension, observers say.

Sid Ryan, president of the Ontario Federation of Labour, said he's worried students graduating with a bachelor degree won't find good jobs so they can pay off student loans and build a future.

"The kids today cannot look forward to full-time, decent-paying jobs where you can afford a mortgage, a car," he said. "We are fearful for young workers getting in right now. The future does look very bleak."

Employers are seeking bargaining concessions in two key areas, Ryan said:

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- \$2.85 (\$83.60 US)	\$3.857 (- 0.39%)
	Gold (Electronic trading)
	\$1,902.80 US (+ \$25.90)

They want to pay new hires lower wages and offer defined-contribution pension plans — a controversial, lower-cost alternative to traditional defined-benefit plans.

A Harris-Decima Labour Day poll for career re-

sources portal Monster.ca found that 40 per cent of Gen Y workers — people aged 18 to 30 — aren't working in their preferred field, while 16 per cent have changed jobs five or more times.

And more than one in three people in their 20s said companies don't provide sufficient mentoring or use younger workers to their potential.

Robert Waghorn of Monster.ca says employers should provide mentoring to retain employees, if only because it's costly to hire and train new workers.

"If they don't take notice what the Gen Yers and the boomers are saying about job security, work-life balance, then these guys are going to be walking out the door themselves on their decision," he said.

THE CANADIAN PRESS



► What was in those drinks, anyway? An iPhone 4 prototype was lost in a Redwood, Calif., bar by an Apple employee in March 2010. Now Apple is on the hunt for another smartphone prototype, this one left behind in a restaurant in San Francisco's Mission Hill district.

Apple on scent of lost iPhone 5

- Company enlists police to help find prototype
- Misplaced by employee at San Francisco restaurant

San Francisco police officers helped Apple Inc. investigators look for a missing iPhone 5 prototype that was left in a restaurant in July, the police chief said, the second time in two years the company has lost an unreleased smartphone.

Police Chief Greg Suhr said four plainclothes officers accompanied two Apple investigators who searched a San Francisco home for the iPhone prototype.

The Apple employees conducted the house search after asking the resident's permission, and the officers did not enter the home, police said.

Déjà vu

► Two men were charged with misdemeanours last week for selling a lost Apple iPhone 4 they found in March 2010 in a bar in Redwood City, Calif. That phone was sold to the gadget blog Gizmodo.com for \$5,000, prosecutors said.

Apple tracked the smartphone to the home using GPS technology, but the gadget wasn't found there.

Sergio Calderon, who lives in the home, said he was led to believe all six people were police officers

and would not have admitted the two investigators had he known they worked for Apple.

Apple officials would not comment on the case.

Suhr said it's not uncommon for police to help private investigators. He said he didn't know how the Apple employees presented themselves to Calderon.

"The reason we do civil standby is to make sure there isn't a problem," he said.

Apple, based in Cupertino, Calif., is reportedly planning to release the new version of its popular iPhone this fall.

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THIS TIME, IT'S ALL ABOUT YOU

SHE SAYS ...

JESSICA NAPIER
METRO



Humans are social creatures; we crave the comfort of other warm-blooded beings in close proximity. At work we're lauded for our teamwork skills and at leisure we're obsessed with being connected (virtually or otherwise). And yet, despite our natural desire to seek out togetherness, there is something to be said for being alone.

No, not the sad, weepy, nobody-loves-me kind of loneliness you experience on the first night after a breakup. And not the alone time that you spend tweeting or curating your Facebook profile. I'm talking about legit solitude.

The thought of isolation makes some people very nervous. After five minutes of seclusion we feel panicky, compelled to reach for our phones and connect to the rest of the world. But when we are constantly looking to others to validate our existence,

learning how to be alone is more important than ever.

I often find myself feeling desperate to disconnect and enjoy some solid me time. Not because I'm antisocial and wallowing in self pity (I'm looking at you, Bridget Jones, singing All By Myself into a tub of ice cream) but because in everyday life there is a constant pressure to be on. Sometimes I just need to switch off.

It's so important to take time off from the daily performance of being a best friend, a lover, a co-worker, and to allow ourselves to just be. Whenever I'm by myself, I find time to do all those things I've been meaning

to do, or I find time to do nothing at all.

Whether I'm more relaxed or more productive, I'm ultimately more myself when I'm alone than at any other time.

Single living, if your budget allows, is a marvelous luxury. You have total freedom to live by your own rules: make a mess, go out all night, sleep all day (diagonally if you're so inclined), have cereal for dinner, listen to awful music and decorate however you please.

And if you become unsatisfied with your solo time indoors, the city can be a wonderful place for loners. You can wander unnoticed in the crowded streets, disappear in darkened movie theatres, slip into near-silent art galleries and forget the rest of the world.

Solitude in large doses may not be for everyone, but to be alone by choice — in a content and meaningful way — is an essential part of the human experience.

Read more of Jessica Napier's columns at metronews.ca/shesays

Stroke of sustainability at Growing Green festival

NEWS WORTH SHARING

What does it mean to live sustainably?

This was the question that inspired local artists at Bridgewater's Growing Green Art Show last month.

The stunning five-week

display of regional artistic talent was part of the town's third annual Growing Green Sustainability Festival.

"It's exciting to see people from all backgrounds and ages wanting to learn how to live a more sustainable existence," says festival chairman Patrick Hirtle. "It's not necessarily about

using biofuels or growing backyard crops. It can also be about getting good exercise or supporting local farmers or even just taking time to experience the breathtaking beauty that surrounds us."

In true sustainable fashion the festival was the work of many — from the helping hand of a volunteer, to the stroke of an

artist's paintbrush.

CRAIG AND MARC KIELBURGER

Email us for more information and to get involved. Help the good news get around.

Send your stories of local heroes and positive action to goodnews@metowne.com and we'll share them right here.

Tweets

- **@CBtransplant:** there's way too many fat, old guys walking around this city today. #halifax
- **@Tony_Tracy:** Labour Day in #Halifax was an incredible success. Spirited march. Fantastic speakers. Amazing music. Tremendous volunteers. Incredible!
- **@gpsforthebrain:** Idiots drag racing on Summer Street. Really, guys? #halifax
- **@Mrjsamps:** home from camping had fun lots of bug bites now back to working on my football team... perfections right around the corner #halifax
- **@natassha_n:** Working at one of the like five places open in West End #halifax today. Not looking good! #ohgood
- **@JeremiahW_Ryco:** Apparently it was hot in #Halifax today as I was covered by can't see in front of your face fog. Did I mention the wind?
- **@HalifaxRun4Cure:** We have the BEST volunteers! THANK YOU Halifax! Does anyone know how many days are left until this years Run Day?

Cartoon by Michael de Adder



WEIRD NEWS

Fact: You can earn respect by eating chicken wings

The Black Widow of eating contests has scarfed down 183 chicken wings in 12 minutes to break her own world record set last year in Buffalo, N.Y.

Sonya Thomas took home first place Sunday at the 10th annual National Buffalo Wings Festival. She beat eating marvel Joey

(Jaws) Chestnut, who came in second with 174 wings.

The two won titles at the July 4 hotdog-eating contest on Coney Island.

The 100-pound Thomas of Alexandria, Va., is the reigning wing-eating champion. She downed 181 wings to win the 2010 contest.

Thomas is called the Black Widow because she often beats male competitors in eating contests.

THE ASSOCIATED PRESS



► Sonya Thomas chews toward a win in this file photo.

2

scene

Box office



According to studio estimates Monday, the acclaimed drama about Southern black maids took in \$19 million over the long holiday weekend. That raised the film's domestic total to \$123.4 million. The Help has been a triumph amid a rush of late-summer duds that ended Hollywood's busiest season. Another batch of new movies this weekend packed in modest-to-small crowds. Best among the newcomers was Helen Mirren's Holocaust-revenge thriller The Debt at No. 2 with \$12.6 million from Friday to Monday. The sci-fi horror tale Apollo 18 opened at No. 3 with \$10.7 million. Another fright flick, Shark Night 3D, debuted at No. 4 with \$10.3 million.

THE ASSOCIATED PRESS



Pacino calls his *Wile Salome* an 'ambitious and complicated' cinematic gesture.



▶ Tom Hardy, left, and Joel Edgerton star in *Warrior*.

Training to be a warrior

▶ Tom Hardy and Joel Edgerton play battling brothers in a film about fighting and family



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METRO WORLD NEWS IN HOLLYWOOD

For *Warrior*, actors Tom Hardy and Joel Edgerton face off as mixed martial arts fighters — and brothers — trying to punch, kick and grapple their way to a better life. But just because they can pass for lethal, musclebound cage-fighters on screen doesn't mean either is ready for a career change. "Any one of you guys could beat me up right now," Edgerton says, sizing up the reporters and publicists in the room, who smile back nervously.

While he's still in peak shape for his next role,

Hardy agrees, explaining that the first thing they learned was how little they knew. "You know that we trained because now we know even less about fighting than we did when we started," Hardy says. "You don't go swaggering, because it will come home to roost. It's normally the quietest guy in the room. You learn things like, if I can hear my own voice in a bar fight, I'm just about to get knocked out."

If leaked online footage is any indication, the quiet guy taking Hardy down these days is Christian Bale, whose *Batman* goes toe to toe with Hardy's freakishly strong Bane in the *Dark Knight Rises*, cur-

rently filming — though the only thing Hardy will say about that project is that he "can't talk about it at all."

The third of Christopher Nolan's *Batman* films isn't the first time Bale has gotten in Hardy's way, so to speak, as *Warrior* was originally set to come out last year, but an unfortunate coincidence led to it being delayed. Edgerton explains: "As they got closer to any kind of finished form of the movie, this film called *The Fighter* came out — a little family drama that centres around a bit of fighting. They're completely different movies, but on a trailer or on paper, the supposition

is they're the same thing."

Hardy summed up the similarities more succinctly: "Two brothers fight," he said. "But Christian Bale obviously is going to win an Oscar, so let's not put ours out now."

How big of a delay are we talking? Hardy actually filmed *Warrior* before joining Nolan's *Inception*. So while *Warrior* and the *Dark Knight Rises* have meant lots of weight training and bruises for Hardy, he's had some rest in between.

"It was like putting on a pair of slippers and a robe and, like, rubbing myself in lavender oils," Hardy says of the transition from one film to the other. "Having everything done for me, it

was heaven, to be honest. I had a wire instead of having to leap over things, and no one was trying to hit me in the face. Heaven."

Edgerton, who will next be seen in *The Thing*, is heading back to his native Australia for a similarly comfortable transition, starring alongside Leonardo DiCaprio, Tobey Maguire and Carey Mulligan in Baz Luhrmann's *The Great Gatsby* — the mere mention of which gives Hardy a chance to razz his co-star.

"In 3D!" Hardy boasts, interrupting Edgerton with a laugh. (Luhrmann is in fact shooting the film in 3D.) Edgerton adds, "Yeah, just imagine this coming at you," motioning to his face.

Contagion a germaphobe's worst nightmare

Award-winning director Steven Soderbergh's latest film *Contagion* can be considered a 105-minute PSA with a simple message: Wash your hands. Often.

Certainly audience members may look more warily at public door handles and subway hand rails

after watching, perhaps in a crowded theatre, the film about the global spread of a lethal surface-borne virus with a kill rate of about 25 per cent.

"It is impossible, once you start thinking about it, to stop thinking about it," Soderbergh acknowledged at a news conference



▶ Steven Soderbergh

ahead of the film's world

premiere out of competition at the Venice Film Festival on Saturday.

"I'm washing my hands a little bit more. But since I showed up in Venice I have been shaking hands, a lot. I was on an airplane, which is one of the worst places you can be. This is just the world we live in."

Contagion features Matt Damon, Gwyneth Paltrow, Kate Winslet, Jude Law, Marion Cotillard and Lawrence Fishburne in a fast-paced drama that depicts the rapid spread of a lethal virus of unknown origin and with no available vaccine.

THE ASSOCIATED PRESS



► Madonna

Madonna's new film in need of a prayer

► Directorial debut gets slammed ► Set to come to TIFF

Madonna brought her directorial debut, *W.E.*, to the Venice International Film Festival last week, but the critical drubbing her work received was hardly welcoming.

The film, about American socialite Wallace Simp-

son and starring Abbie Cornish, was dubbed "an extraordinarily silly, preening, fatally mishandled film" by the Guardian.

Variety declared that, "Burdened with risible dialogue and weak perform-

ances, the pic doesn't have much going for it."

The singer and first-time director will next head to the Toronto International Film Festival next week, where she's likely hoping for a warmer reception. **• METRO**

Wedding shout-out for Winehouse

CLAIRE GREENWAY/GETTY IMAGES



► Mark Ronson

Mark Ronson took a moment while celebrating his recent wedding to model Josephine De La Baume to acknowledge one absent guest: Amy Winehouse.

"Amy was a great friend of both Mark and Josephine and they would have been thrilled to have her with

them at their big day, but sadly it wasn't to be," a source says, according to *Us Weekly*. "Amy would definitely have sung one of her hits at the wedding if she were still alive, as she meant so much to both of them. Her death devastated the pair of them." **• METRO**

Oscars may be in cards for Eddie

Eddie Murphy may have a new gig as the host of next year's Oscars, according to Deadline.

The *Shrek* star is reportedly at the top of the list for director Brett Ratner, who is producing the

awards show, and Murphy is said to be "showing interest," sources say.

Murphy nearly secured Oscar gold himself for his role in *Dreamgirls*, but many believe his poorly received comedy *Norbit*, released during Academy voting, dashed his chances. **• METRO**



Eddie Murphy

Beef on the set of Idol?

Tensions are high at American Idol as Jennifer Lopez and Steven Tyler prepare for the second season as judges.

"Me and Randy (Jackson) and Steve got into our first fight. I got really, really upset," Lopez

tells Ryan Seacrest during a radio interview.

The row was apparently over the audition of a female singer whom Lopez found impressive but Tyler and Jackson wanted to dismiss.

"She was amazing,"



► Jennifer Lopez

Lopez says.

"I thought I was being Punk'd. How can we let this girl go? I was upset."

• METRO

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Celebrity tweets



Wow, people are being nice to me cause I'm pregnant. Doors being opened, people being helpful etc, its like a whole new world.

@ActuallyNPH



I think I'm gonna start tweeting about things I dig. Not 'shallow graves' or 'tunnels to China', more just random stuff that I like.

@mindykaling



I'm not wishing Bey- once happy birthday on twitter because I am wishing it to her in person on our yacht we share because we're close friends

@DannyDeVito



Zoe Saldana is cool even when she's not blue

3 life

You need this

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Fifty years after the diet that made her rich, Weight Watchers founder remains slim

Last resort for addiction: Intervention

► New Canadian show takes an unflinching look at people with drug and alcohol dependencies or other compulsive behaviour ► Based on the Emmy-nominated U.S. show



CELIA MILNE
LIFE@METRONEWS.CA

"If she doesn't get help real soon, she's not gonna live," says Don about his 26-year-old stepdaughter, Loren. She is an alcoholic in Windsor, Ont., and one of the people whose story is told on the new show Intervention Canada.

As a child, Loren was abused by her grandfather, and in her young life she has already suffered the loss of several people she loved. She is unemployed, with little hope. Her family believes she's close to death. It's time for an intervention.

The new show, featuring people like Loren who desperately need help, premieres in back-to-back episodes this Friday at 8 p.m. ET on Slice.

It deals with Canadians who are addicted to drugs, alcohol or have other compulsive behaviours. Though addiction is common — affecting one in 10 people in Canada — intervention is a last resort and the majority of people never reach that stage, says Andrew Galloway, one of the interventionists on the show and a substance abuse specialist in private practice in Toronto.

"No one grows up want-

By the numbers

While Intervention Canada is all about the worst-case scenarios, serious cases of addiction are common, and are often linked with other mental illnesses. Here are some statistics from the Centre for Addiction and Mental Health in Toronto:

- About 20 per cent of people with a mental disorder also have a substance abuse problem.
- One in 10 people over age 15 report symptoms consistent with an alcohol or drug dependence.
- Only one-third of those who need mental health services actually receive them.

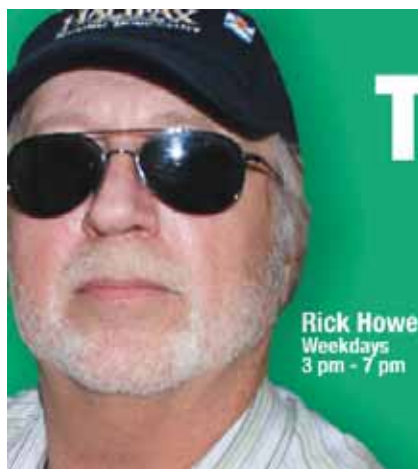
ing to be a crack addict or an alcoholic," says Galloway, who himself is a recovered addict. "They make bad choices. Once they cross that threshold into dependence, they no longer have the ability to make good choices. I know what it's like; I woke up too scared to ask for help, too ashamed to open up."

Galloway hopes the show gives viewers hope that they can live differently.

For more information on the show, visit slice.ca/interventioncanada.



► Andrew Galloway, one of the interventionists on Intervention Canada and himself a recovered addict.



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Digging up the roots of good health

- Long before Western, Chinese and homeopathic medicine, there was ayurveda, an ancient Indian health science
- Model-turned-ayurveda yoga therapist 'Yogi' Cameron Alborzion talks us through the technique and its benefits



**ROMINA
McGUINNESS**
LIFE@METRONWS.CA
METRO WORLD NEWS IN LONDON

The roots of ayurveda

If yoga was developed as science to bring balance and control to the mind, ayurveda is the sister science developed for the practitioner to bring balance to the body.

"Ayurveda is the science of life and the oldest medicine we know of," says yogi Cameron Alborzion. "We live in a society that's all about ego, changing nature, altering food and needing to know the purpose of everything. It's all about bringing balance to and cleaning the body."

The theory goes, we cannot perfect nature so we

Energy and

the doshas

Our bodies are formed by three major constitutions, classified by energy types, called doshas. The relationship of a patient's three doshas will determine how best to proceed with achieving and sustaining greater health.

► **Pitta (fire)** energy drives us to achieve and accomplish goals and exhibit fiery qualities such as passion and anger. When excessive, it can cause indigestion, liver complaints, fatigue and bloating.

► **Kapha (water)** energy helps us feel grounded and helps us feel calm in stressful situations. When excessive, kapha can cause weight gain, diabetes and a feeling of lethargy.

► **Vata (air)** energy helps us explore creativity, express ourselves and remain in motion. When excessive, it can cause dry skin, insomnia, constipation and various nervous disorders.

"We live in a society that's all about ego, changing nature, altering food. ... (Ayurveda) is all about bringing balance to the body."

CAMERON ALBORZION

should live in line with it instead. Nothing should be artificial or chemically enhanced; rather, we should use what comes out for the ground as medicine and food. Food should be seasonal and you should eat nothing packaged or frozen or that has been in a microwave. Anything that has altered the original state of what you put in your body is considered toxic.

Ayurveda versus modern medicine

Modern medicine finds people looking at the symptoms then running to the doctor for pills to make things better, whereas ayurveda teaches you to read into your body and mind to define the cause of the disease-feeding symptom and treat the body to

restore balance to the system as a whole. Without pills.

"Look at the body as a unit (body and mind) to diagnose what is out of balance and proceed to treat the symptom, going into the core of the pain and finding out where and why it began," explains Alborzion.

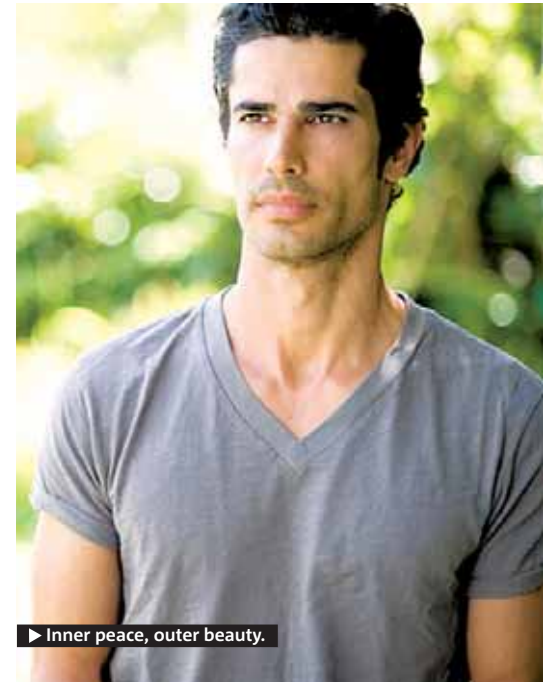
Look for the tell-tale signs that you are out of balance: Are you too hot, too cold, have a headache, feeling agitated? Are you sleeping enough?

Dinyacharia: Daily

cleaning

Early morning, Alborzion completes "dinyacharia," the ayurvedic cleansing ritual that prepares you to take on the day.

For you, that simply means spending time on yourself, opening the body through yoga and breathing, showering, brushing your teeth, oiling the body — these small steps root the mind and calm the senses. Attending to the body rather than downing a shot of coffee and heading out will lessen feelings of stress and agitation. With-



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out this you will be at the mercy of the elements outside.

"We live in such an extreme way that we need to take care of ourselves daily. The body goes through everything you give; without dinyacharia, it doesn't function properly and goes dry," he adds.

Diet: Less is more

What you need to eat will depend on your height, stomach and nutritional needs.

"There's a big misunderstanding when it comes to food," says Alborzion. "We live in a society based on comfort where most people sit in an office chair and use up little energy. The average adult needs food as a source of energy, not for building and too much food blocks the system."

Keep away from toxic foods that don't add anything to the body, as they will only cause your system to waste energy eliminating them. Avoid dairy (too much can create a build-up of mucus), alcohol, and canned, processed or packaged foods. Eat food with high water content such as fruits and vegetables and drink plenty of water and herbal teas throughout the day. Alborzion's favourite herbs include mint, chamomile, ginger, cinnamon, saffron, turmeric, pepper and liquorice.

"Only eat when you are hungry and thirsty and once the previous meal has been digested. Eat when calm and not when in a rush," advises Alborzion.



► The yogi's balancing act.

Blueberry Mini Muffins

THE CANADIAN PRESS H/O



Take advantage of the season's local blueberry harvest to make these nutritious and kid-friendly mini muffins.

Once the season is over, substitute frozen blueberries for fresh. Do not thaw before adding to the muffin mixture.

If self-rising flour is unavailable, stir 15 ml (1 tbsp) baking powder and 1 ml (1/4 tsp) salt into dry ingredients.

Ingredients:

- 500 ml (2 cups) self-rising flour
- 125 ml (1/2 cup) sugar
- 175 ml (3/4 cup) milk
- 1 large egg, lightly beaten
- 50 ml (1/4 cup) butter, melted
- 375 ml (1 1/2 cups) fresh or frozen blueberries

centre; add milk, egg and melted butter. Stir gently until mixture begins to form a soft dough; fold in berries; spoon into mini-muffin cups, dividing evenly. Bake until tops are golden, 14 minutes.

THE CANADIAN PRESS/B.C. BLUEBERRY COUNCIL

Preparation:

- 1 Preheat oven to 220 C (425 F). Lightly grease 24 2.5-cm (1-inch) mini-muffin pan cups.
- 2 In a medium bowl, combine flour and sugar. Make a well in the

Bike your way over to this spot for tasty lunch options

► Train Station Bike & Bean offers eats like Paninis and breakfast items

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA



Going out for lunch doesn't usually mean biking for one and a half hours along a trail, but the Train Station Bike & Bean café and bike shop, in the former French Village train station, is well worth the journey.

It offers breakfast and lunch selections, as well as Friday evening pizza.

We've missed our morning coffee, so a large Fog City Blend (\$1.85) is in or-



► Ham and Cheese Panini with tortilla chips (\$7.95)

Train Station Bike & Bean

5401 St. Margaret's Bay Rd., Tantalton
820-3400
Social lunch: Yes
Price range: \$\$
Rating: 3.5 out of 5

der. We both also select Toasted Paninis (\$7.95), accompanied by crispy tortilla chips and salsa.

Mine is with smoked turkey, cranberry mayonnaise and provolone cheese — an inspired com-

bination that hits the spot.

My pal selects ham and cheese, although there isn't enough cheese to his liking. A server overhears him and quickly offers to add more and grill the sandwich again.

Now that's service.

We chat with nearby diners about the train that once was and gobble up our tasty desserts, date squares (\$2.25 each).

We're energized for the return journey.

GIVE WHAT YOU CAN AFFORD

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONEWS.CA

Hi Charles!

Some co-workers and I are having a disagreement about what would be an appropriate amount to give as a cash gift for a wedding. Do you have any insights? Thanks!
Niall, Manitoba
Hello Niall,

There is no rule about how much to give, although some people say you have to give at least the cost of your meal.

This, however, bothers me. If you invite someone to your wedding, it should be because you want him or her to join in your celebration, not because you're trying to raise money to cover the cost of the wedding! My golden rule has always been that you should feel comfortable giving what you can afford. It is unreasonable for anyone to expect you to go into debt in order to give a present.

HAVE A QUESTION? EMAIL CHARLES AT
ASKCHARLESTHEBUTLER@
METRONEWS.CA.



► The amount of cash to give as a wedding gift is often a source of confusion.

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BOOTSTRAPPING FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



Last week I encouraged students to get a job to help put a dent in hefty tuition bills. Many readers agreed. Others thought the column failed to address the larger social issue; that education in Canada has become obscenely expensive. I agree that the costs are extreme.

Students graduate with great career aspirations, loads of debt and a tough Canadian job market. But, political and social views aside; students still have to find smart ways to manage their finances.

Students, working a part-time job to pay the bills is a great way cover costs, gain experience and meet people. If a job related to your field of study isn't available,

try another industry. Eclectic experiences look great on a CV and help diversify your skills. Or, become an entrepreneur and cut grass, deliver groceries, write or freelance. Educational funds are also available through student loans and lines of credit. But, with debt comes responsibility; only take what you need.

Draw up a budget. Using a spreadsheet or online banking budget tracking tool, list income and expenses.

Apply 'Financial Bootstrapping' techniques to live financially lean and frugal; reduce cellphone bills, dinners out, negotiate for better rental rates or move to a smaller place. Buy text books, laptops, desks and furniture second hand.

File a tax return. Even though you don't make significant income, by filing a tax return you begin accruing tax deductible RRSP contribution room for future years when you'll earn greater income.

Meet your credit score

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Phooey to New Year resolutions. My vote for the best time to become a better (slimmer) person while working for world peace is the fall with its energizing cooler months.

But before you take on the world and its problems or even your own BMI (body mass index), focus on an issue of financial health first — your credit score. It is as important to your financial life as your weight is to your physical well-being.

There are actually two parts to a credit rating. The first is your score.

The bottom line is this: a FICO score of more than 650 means you will likely qualify for most standard

loans including a mortgage, line of credit and car loan. Less than that will probably send you into the arms of higher interest rate lenders. Aim for a score of 700 to give you some leeway.

The second part of your credit rating is your profile — debts, available credit, late payments, closed accounts and other details of your financial life.

It is very important to check your score and profile annually, so make a resolution this very minute to do it before the leaves turn to red and gold.

There are a lot of myths associated with credit scores. Here are three:

1. **Checking my score negatively affects my credit rating.** Nope. Your own inquiry is called a soft-check and doesn't change anything.
2. **Closing old accounts or credit cards will improve my score.** No again. Simplify your financial life by all means, but you are usually



► Alison's money rule: Check your credit report annually to avoid surprises when applying for mortgages and other loans.

better off closing newer accounts or cancelling newer cards.

Retaining recently opened cards and accounts may make it appear you have a short history and a lengthy (good) history is what boosts your score.

3. **As long as I pay all bills and make minimum payments on credit cards my score will be high.** And another no. A key component of your

score is available credit.

Try to use not more than 50 per cent of your credit card or line of credit limits. Better yet, pay off your balance every month.

You can access an abbreviated credit report free from equifax.ca or transunion.ca. A full report plus your score will cost just under \$25. **CONTACT ALISON AT WWW.ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM**

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS

in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

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Allan Small
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GET MOST BANG FOR STUDY BUCK

If you are one of many students worrying about returning to university or college and handling all of the pressures that come with attending classes, work-

ing part time and trying to have a social life, you're not alone.

Dr. Mark Berber, a professor in the Department of Psychiatry at the

University of Toronto, offers the following tips on how to get the most bang for your study buck:

GET A GOOD NIGHT'S SLEEP. Aim for at least eight solid hours per night. Adequate rest will improve your ability to focus on your study materials.

SET ASIDE ENOUGH TIME TO STUDY. Completing assignments and reading background material is time consuming, so make sure you schedule enough time to deal with all of your coursework.

GET ORGANIZED. It can be stressful to juggle multiple classes and subjects, never mind a part-time job, social life and varsity sports games and practices. A day planner can be a valuable organizational tool.

SET PRIORITIES. Each night before you go to bed, make a list of the things that you need to get done the next day. Then review the list carefully and put a star by only those items that you absolutely have to get done that day.

MAINTAIN A HEALTHY BALANCE. Although it's important to set aside time to study and do homework, it's also important to have some fun. Going for a run, playing sports, dancing, eating well and listening to music are important ways to relax. If you are relaxed, you will be better able to retain information when you study.

ARRESTING DEVELOPMENT

LAW ENFORCEMENT AT RAVENSBERG

If you are interested in a career in law enforcement, then Ravensberg College's 13-month Law Enforcement Foundations Diploma program might be for you. "Our diploma program is a prerequisite for getting a job with the Military Police, Canada Border Services and the Department of Fisheries and Oceans," says Jason Spillner, the director of the college's Law Enforcement Training Division.

There are 23 diploma "modules," which include firearms safety, defensive tactics, correctional operations and procedures, standard CPR and first aid, physical training and criminology. Seven weeks of field placement work experience is an important component of the program.

Classes are held at the college's 5426 Portland Place location in Halifax. Students will learn in a variety of settings; there will be field trips and



RAVENSBERG COLLEGE PHOTO

facility visits, lectures and class discussions, guest speakers, group work and team activities, research studies, and tests and exams.

The cost of the program is \$14,895.98, which includes everything from tuition and books to uniforms and special certifications. Students can apply for financial aid and should do so at least six weeks before classes begin.

"We only offer one program," says Spillner, "but we do it really well."

NSCC'S MENTAL HEALTH DIPLOMA DRAWS INTEREST

The 20 students in the first graduating class of the Nova Scotia Community College's new two-year Mental Health and Recovery Program will earn their diplomas in 2012. Already, there's a waiting list of potential students wanting to register for the program, which is being offered at the Burridge Campus in Yarmouth.

"We knew the program would be popular, but we were surprised at the amount of interest there was for it right away," says Judith Limkilde, NSCC's dean of Health and Human Services.

The program, which launched last year, was four years in the planning stage. With mental illness affecting one in five Canadians — the equivalent of 200,000 Nova Scotians — NSCC knew there was a growing demand for this kind of career training,



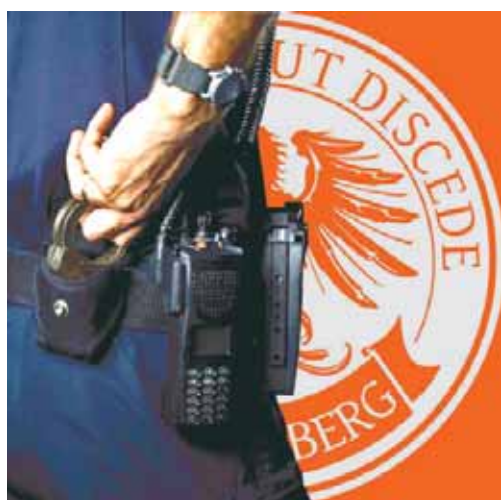
NOVA SCOTIA COMMUNITY COLLEGE PHOTO

which will support those affected by mental illness.

"Our graduates will be well positioned to fulfil these roles," says Limkilde.

Graduates might work at district health authorities, in community outreach, on transition teams, in addiction services and at group homes and other residential facilities. The program includes a combination of classroom work and practicum placements in public or private clinics in Nova Scotia. Admission requirements are Grade 12 and an interest in working in mental health.

For more details about the program, visit nscc.ca.



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DIGITAL DEMAND ON THE RISE

STUDENTS SEEKING OUT SOCIAL MEDIA COURSES

Trending areas for people heading back to university or college this year are broadly split between two categories: Those in mid-career who want to advance or switch paths; and those who are looking to start a professional career from scratch.

Peter Moroney, director of professional programs at the University of British Columbia, says they are seeing high demand for programs teaching sustainability management, business analysis and social media. The last is especially popular with business peo-

ple either wanting to get to grips with YouTube, Twitter and LinkedIn, or learn how to use them as part of a communications strategy.

"There are job postings for people specifically focused on managing the digital communications," he says.

"It's a growing trend for companies using it internally among employees and departments and also with customers or prospective customers."

Steve Andrews, program director at Dalhousie University, says their most popular courses in continuing educa-

tion are pathways to university and professional development. Dalhousie also sees demand for specific university prep courses.

"(For example) someone who wanted to start off in engineering, but didn't have their calculus from Grade 12, they can do those courses," Andrews says.

The other popular stream is professional development for career growth or change.

Hot courses include leadership, financial management, human resources, occupation health and safety, and IT.

—Jon Tattrie

DON'T FALL INTO A TRAP

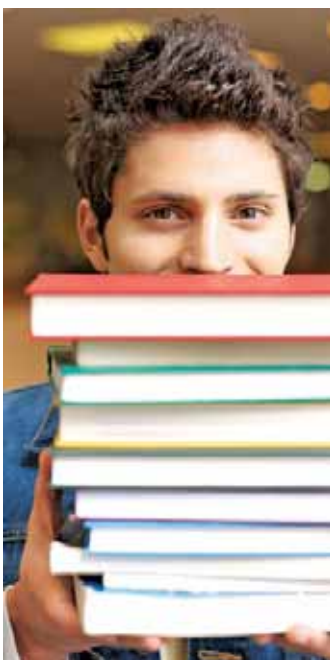
Some don'ts of post-secondary life:

1 "DON'T CRAM" — All students do it, but Eyobe Melketsadik, a psychology major at Grant MacEwan University in Edmonton, cautions against it. "Maybe you'll pass the test, but you aren't actually learning anything," he says. Study frequently and it won't necessitate cramming.

2 "DON'T SPEND YOUR STUDENT LOAN IN ONE DAY" — A student loan might seem like a financial windfall, but it's meant to last a while, so it's crucial that students budget their money appropriately. If students are unsure of where to start or need some help, most post-secondary institutions have support people to help you with that kind of thing, says Lori Foran, the student life co-ordinator at the Nova Scotia Community College.

3 "DON'T FORGET TO REACH OUT IF YOU'RE STRUGGLING" — Foran says there are many resources in place at post-secondary institutions to allow students to connect with people whose jobs are simply to help students so they can be successful, such as providing budgeting or counselling services.

4 "DON'T FORGET TO EDIT YOUR OWN WORK" — Kaylene McTavish, a third-year public relations student at Mount Royal University in Calgary, recommends editing assignments at least three times before submitting them. She also advises against editing at 3 a.m. and assum-



STOCKBYTE/THINKSTOCK

ing that Microsoft Word will catch your mistakes for you.

5 "DON'T DEPEND ON OTHER PEOPLE FOR NOTES" — Other people's notes don't usually make sense when you look at them, says Bre Milne, a fourth-year English student at St. Mary's University College in Calgary. Plus, shouldn't one be at the class to take notes for themselves?

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Jenny Silver, Kathy Haley and Louanne Dal Bello are some of the friendly faces at Stayner's Wharf Pub & Grill.

CELEBRATING 10 YEARS IN BUSINESS

OWNER OF STAYNER'S WHARF PUB & GRILL ATTRIBUTES SUCCESS TO QUALITY OF SERVICE

When Stayner's Wharf Pub & Grill opened on June 28, 2001, its owners had a few goals in mind.

"One thing we wanted to be was a local spot, a haunt for people who enjoyed quality food, music and drink,

and the company of friends," says current owner Todd Abbass.

He was brought in as the person to run the business and Michel Lindthaler was his mentor and silent partner when Stayner's first opened in 2001. Lindthaler is known as the person who built the Lower and Upper Decks, and Perks. Abbass bought him out in 2007.

Together they charted a course that included making Stayner's be a vital part of the local music scene, both for those starting out in the profession and those who were more experienced.

"We wanted to differentiate ourselves and we felt jazz, blues, singer-songwriter performers would be the ticket," says Abbass.

Over the years, hundreds of musicians have graced the stage at Stayner's.

Located downtown, Stayner's is a year-round operation that is flourishing, despite the challenges of being

a year-round establishment on the waterfront.

Its success is due in part to the loyal patronage it has earned from its customers (or friends as the staff at Stayner's like to call them). The reason for this patronage stems from the exceptional quality Stayner's is committed to providing, both in food, drink and service.

"I think we can provide as good a food and service, pound for pound, as anybody in the city," says Abbass. "I like to think we are one of the best."

He attributes this success to the restaurant's lofty goals to continuously improve what they are doing and the dedication of the staff.

"We've got close to 100 years of Stayner's Wharf experience in our employees," he says, noting that's just for the time staffers have been working at Stayner's.

Now celebrating its 10-year anniversary,

Abbass is very appreciative of the restaurant's success.

"We are blessed to have the customers we do and we look forward to serving them for another 10 years," says Abbass.

BEHIND THE NAME

Before Stayner's Wharf Pub & Grill opened in 2001, its owners were trying to decide on a name.

Through the work of a historian, the owners learned of a family by the name of Stayner who had set up shop besides the Dartmouth Ferry and operated an importing and exporting business. The City of Halifax later named a wharf after them.

"We're in close proximity to where they were located, so we decided to give it a historic name," says Todd Abbass, Stayner's owner.

CONGRATS!

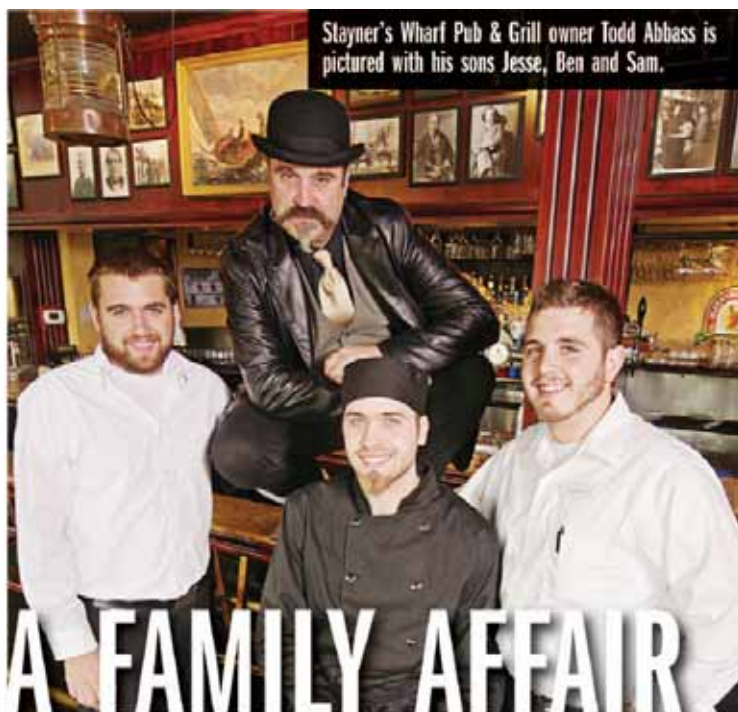
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Stayner's Wharf Pub & Grill owner Todd Abbass is pictured with his sons Jesse, Ben and Sam.

A FAMILY AFFAIR

'I THOUGHT IT WOULD BE FABULOUS TO HAVE MY KIDS WORKING SIDE BY SIDE,' SAYS STAYNER'S WHARF OWNER TODD ABBASS

When Stayner's Wharf Pub & Grill opened in 2001, Todd Abbass had many goals in mind, including one that hit close to home.

"I thought it would be fabulous to have my kids working side by side," says the current owner. (He bought the establishment in 2007, but has run it since day one.)

In 2001, his two oldest sons were 14 and 15. Under the provincial government's labour regulations, the two were able to work at Stayner's because it was a family-run business.

The boys started out doing mopping, sweeping and dishes. Eventually, they took on other responsibilities, such as prep work and working the deep fryers.

At present, two of his three sons are working at Stayner's, while the third one, Ben, worked there previously. Jesse, 25, works as a supervisor, bartender and waiter, while Sam, 21, does bartending and serving.

While the experience has had its challenges, it's been a positive one overall.

"We've learned a lot about each other," says Abbass.

In running Stayner's, Abbass has also developed a new extended family. Besides the staff, Abbass has developed close relationships with the different suppliers and tradespeople who have done work for Stayner's.

"Our suppliers and are tradespeople have been like family to us. When we've had an emergency, they've been there. They've always been there to help keep us afloat during tough times, just like a family would."



Jason Boudreau has been working with Stayner's Wharf Pub & Grill for five years.

'IT'S A BIG FAMILY'

Having a great staff is crucial to the success of any business. In the case of Stayner's Wharf Pub & Grill, many of the staff members have been with the restaurant almost since day one.

"I'm so proud and honoured these people have stayed with us over the years because without them, we couldn't have done it," says owner Todd Abbass.

These staffers include people like Bernice Burton, who has been with Stayner's for eight years. For her, the first thing she noticed when she was hired was the cleanliness of the kitchen and it made an immediate impression on her.

"Organization was the best thing," says the kitchen manager.

"We have a system for everything."

The end result of this organization ensures the food is always top notch and consistent.

For Jason Boudreau, a jack-of-all-trades type who has been with Stayner's for five years, he loves the tight-knit relationships the staff has formed with customers.

"They're not just customers, they're friends," says the server/bartender/manager. "I've been to a lot of these people's homes."

These tight relationships are evident by the people who visit Halifax for conferences and when they're back in town, they stop by Stayner's to say hello to their new family.

"It's a big family," says Boudreau.

Hospitality is always on the menu.

So it should come as no surprise that Stayner's Wharf Pub & Grill is celebrating their 10th anniversary. That's 10 years of serving up quality food in a warm, friendly and entertaining atmosphere—that's more than enough to whet the appetite for many years to come.

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WARM AND WELCOMING STAFF KEEPS ONE PATRON COMING BACK

Stayner's Wharf Pub & Grill isn't the closest restaurant to where Robie Redmond lives. In fact, it's not even close to where he lives.

"We drive in all the way from Sackville," he says.

Despite this, Redmond can be found at Stayner's close to four times a week; sometimes he's there for lunch and sometimes it's a post-work drink.

He has been going to Stayner's for just over nine years and says that what keeps bringing him back is the staff.

"I think they're well trained," says Redmond. "They treat everybody the same, whether you're a regular or a

first-time customer and that's one big thing I notice."

Redmond can be usually found having a Keith's draft and says his favourite meal is the pan fried haddock.

"It is just cooked to perfection and it has a nice sauce over it," he says, adding that the fish is always fresh.

The haddock is braised with lemon herb butter and served with rice pilaf and crisp vegetables.

Looking back on his first time at Stayner's, Redmond recalls just how welcoming and attentive the staff was. In the nine years he's been going there, that warm welcome hasn't changed.

'WE EMPHASIZE QUALITY'

Committed to providing the highest quality food, drink and service, Stayner's Wharf Pub & Grill isn't happy with the status quo, it is always looking to get better.

"We emphasize quality," says owner

Todd Abbass, noting that if customers expectations aren't being met, he and the staff would like to know.

"We take every comment very seriously," he says. "I've made a lot of friends here as a result of growing pains."

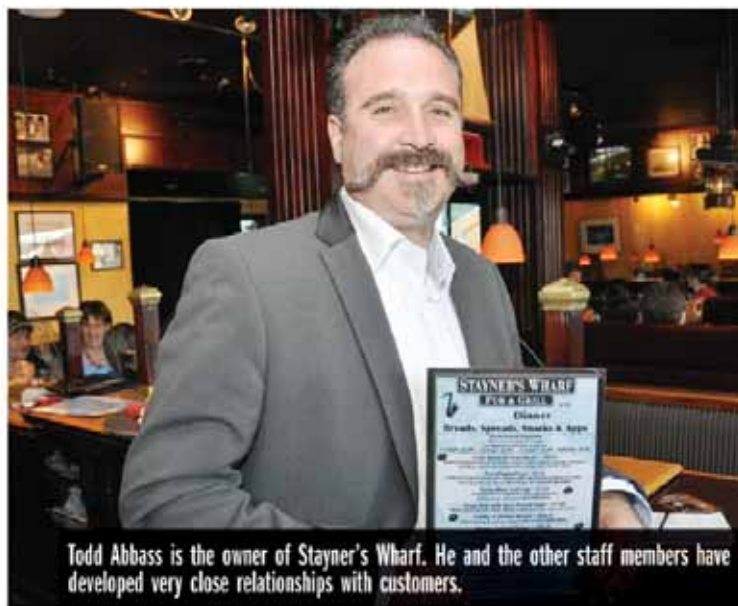
Highly regarded for its food, over 95 per cent of which is made from scratch, Stayner's has earned a reputation for serving excellent upscale pub food and has created an environment where people are comfortable providing feed-

back (and encouraged to do so).

This commitment to quality is shared by all of the staff at Stayner's, from those behind the scenes to those on the front lines.

"We all respect each other and what everybody is bringing to the table," says Abbass. "We're all trying to create an atmosphere where you want to come back for the experience."

He says that the staff's dedication and devotion is one of the reasons for Stayner's success.



Todd Abbass is the owner of Stayner's Wharf. He and the other staff members have developed very close relationships with customers.

ON THE WEB

Stayner's Wharf Pub & Grill has an active online presence. Whether it's the establishment's Facebook fan page or its website, staynerswharf.com, it's easy for people to stay in the loop about what's new and exciting at the restaurant.

Learn what great musical talents will be hitting the stage or what seasonal changes have been made to the menu with the click of your mouse.



Atlantic Federation of Musicians would like to congratulate Todd Abbass and his incredible staff on their 10th year anniversary.

We are grateful for Todd's continuous efforts to promote live music and we look forward to our continued partnership.

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AN INCUBATOR FOR LIVE MUSIC

In the short 10 years Stayner's Wharf Pub & Grill has been open, it has established a reputation as an important part of the local music scene and has helped cultivate the next generation of local musical talent.

"The thing about Stayner's is that it's been a music venue for lots of people, from seasoned professionals to younger performers for whom it is their first time playing in public," says musician Jeff Goodspeed.

Besides being the namesake behind Sunday night's Jeff Goodspeed & Friends jazz shows, he plays an active role in attracting the talent that performs at Stayner's using his network of contacts. He does this in part through his work as a music instructor at the NSCC. For some of his students, it is their first time playing live in a professional setting.

"They have gone to become adults and brought in bands of their own as time has gone on," notes Stayner's owner, Todd Abbass. "It's been really neat to watch us evolve and grow up while some of these students did the same thing."

Some of the people who have performed at Stayner's

include the late Doug Riley, Alfie Zappacosta, Charlie A'Court and Matt Andersen.



UPCOMING EVENTS

SUNDAY NIGHT JAZZ

Sunday nights are a popular night at Stayner's Wharf Pub & Grill as it offers the Jeff Goodspeed & Friends jazz show.

"Sunday from 5 p.m. to 9 p.m. is perfect for people," says Goodspeed. "They're finishing their weekend, they don't want to cook and jazz is just easy enough on the ears that it doesn't take a lot out of people."

Besides being the namesake, Goodspeed is a noted musician who has performed alongside noted entertainers such as Frank Sinatra, Aretha Franklin and Liza Minnelli.

ANNIVERSARY CELEBRATIONS

September marks an important month in Stayner's Wharf Pub & Grill's history as it's the 10th anniversary of when the popular restaurant began offering live music.

"We're going to have a blowout," says owner Todd Abbass.

KEN TOBIAS LIVE

A legend of the Canadian music scene, singer songwriter Ken Tobias will be performing at Stayner's Wharf Pub & Grill on Wednesday, Oct. 5.

Known for Canadian classics such as Every Bit Of Love, I Just Want To Make Music and Dream #2, Tobias will tell the stories behind his numerous songs, in addition to playing them.

Tickets are \$25 in advance and \$30 at the door. Visit staynerswharf.com or call 492-1800 for more details.

Every day, there will be multiple live music performances and past Stayner's musical performers will even be returning to perform at the venue.

The four-day celebration starting September 8th promises to be an exciting, jam-packed weekend for music lovers.

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4 sports

More sports



The Saint Mary's Huskies pounded the Acadia Axemen 52-3 on Saturday in their first Atlantic University Sport pre-season football game in more than a decade. The Huskies open the regular season on Friday at 7 p.m. at Huskies Stadium against the Mount Allison Mounties.



RYAN TAPLIN/METRO FILE

► Mooseheads rookie Nathan MacKinnon had a goal and an assist in Saturday's pre-season finale at the Forum, a 4-3 shootout loss to the Moncton Wildcats.

Moose hoping for a carry-over effect

► Top record has Mooseheads heading into regular season on a roll



MATTHEW WUEST
@METRONEWS.CA

The Halifax Mooseheads' sparkling pre-season record is officially out the window.

The Mooseheads posted a first-place exhibition record of 5-0-1 and have sent a strong message to the rest of the QMJHL that they don't plan on being league doormats anymore. But the slate is clean when the regular season begins Friday.

That means it's time to win when it matters.

Moose cut loose

► The Mooseheads cut 20-year-old goaltender Frederic Piche on Friday to leave them with four over-agers. He remains on their protected list and they'll try to find a major junior home

"Moving forward, we've learned a ton of things over these three weeks and it's going to help us a lot," said Mooseheads right-winger Darcy Ashley. "Dom (new head coach Dominique Ducharme) has been giving us systems to learn, we've

for him.

► Luca Ciampini, just 17, had a goal and two assists on Saturday to finish tied for the QMJHL pre-season scoring lead with 10 points in six games. Rookie Nathan MacKinnon had a goal and an assist.

been soaking it up, and we've been executing them pretty well."

The lone blemish on the Mooseheads' pre-season record was in Saturday night's finale, a 4-3 shootout loss to the Moncton Wildcats at the Forum.

But they were the only team in the league that didn't lose in regulation and their 30 goals in six games ranked No. 1.

The Mooseheads get things started on the road against the P.E.I. Rocket on Friday at 7 p.m. before a clash with the Bathurst Titan on Saturday at 7 p.m.

"Going into the regular season, we just have to focus on sticking to our game," said defenceman Trey Lewis. "We have a lot of success when everyone's moving their feet and everyone's buying into the system."

QMJHL standings

PRE-SEASON FINAL

	W	L	O	PTS
HALIFAX	5	0	1	11
B.-BOISBRIAND	4	2	1	9
VICTORIAVILLE	4	2	0	8
DRUMMONDVILLE	4	1	1	9
RIMOUSKI	4	1	0	8
MONCTON	4	2	0	8
SHAWINIGAN	3	2	2	8
QUEBEC	3	1	0	6
BATHURST	3	3	0	6
SAINT JOHN	2	2	1	5
P.E.I.	2	2	1	5
BAIE-COMEAU	2	2	0	4
GATINEAU	2	2	0	4
VAL-D'OR	2	3	0	4
ROUYN-NORANDA	2	3	0	4
CHICOUTIMI	1	3	2	4
CAPE BRETON	1	4	0	2

MOOSEHEADS

PRE-SEASON STATISTICS

• X-Rookie

RANK	GP	G	A	PTS
CIAMPINI	6	2	8	10
FRK	3	4	2	6
BOUDREAU	5	3	3	6
GRENIER	4	4	1	5
ABELTSHAUSER	5	2	3	5
ASHLEY	5	1	4	5
DESIARDINS	4	2	2	4
X-MACKINNON	4	1	3	4
RYAN	2	1	2	3
CRITCHLOW	4	1	2	3
HANNAY	4	1	2	3
X-DESMOND	5	1	2	3
LEWIS	5	1	2	3
ANDREWS	6	1	2	3
COTE	6	1	2	3
PARISIEN	4	1	0	1
X-FALKENHAM	5	1	0	1
RANDELL	3	0	1	1
GILLARD	4	0	1	1
X-HARDIE	5	0	1	1
CUZNER	6	0	1	1
X-SHEWFELT	4	0	0	0

GOALTENDERS

RANK	MIN	GAA	SV%
X-FUCALE	91	1.98	.889
TERENZIO	148	2.02	.922

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BRAD WHITE/GETTY IMAGES



► Brett Lawrie jumps into his teammates' arms at home plate yesterday after hitting an 11th-inning home run at Rogers Centre in Toronto.

The Canuck comes through

► 'I don't really feel any pressure,' says Lawrie after hitting walk-off 11th-inning homer to lift Jays over BoSox

Brett Lawrie continues to perform when the Toronto Blue Jays need him most.

The 21-year-old from Langley, B.C., hit a two-out home run in the bottom of the 11th inning yesterday as Toronto (70-71) edged the Boston Red Sox (84-56) 1-0.

Lawrie blasted a 1-1 fastball from Dan Wheeler (2-2) into the seats in left-centre for the walk-off win.

"I don't really feel any pressure," Lawrie said. "I think it's just another at-bat. If you go up there thinking there's pressure you apply that on yourself, you're not going to have a good at-bat."

"You try to do your best for the team and try to get a pitch you can handle and try to do some damage."

The rookie third baseman has now gone deep eight times since being promoted from triple-A Las Vegas and making his



major-league debut on Aug. 5 in Baltimore.

"He's a tremendous athlete," said Jays manager John Farrell, who returned yesterday after missing 10 games with pneumonia.

"He doesn't get caught up in the moment as far as what happened previously. ... He's about what can I do in this particular instance, in this pitch, this play defensively, offensively. And we've seen it not just today. This has been a re-occurring theme here."

The home run made a winner of Shawn Camp (3-3) and ended a three-game

losing streak for Toronto.

Lawrie's heroics took some attention away from another 21-year-old, right-hander Henderson Alvarez, who pitched six scoreless innings in a no decision.

Alvarez extended his runless string to 14 innings after holding the Red Sox to four hits and lowered his earned-run average to 2.95. He pitched eight shutout innings for his first major-league victory in his previous outing in Baltimore.

"He had tremendous movement, just natural movement," Red Sox manager Terry Francona said.

"The ball was diving all over the place."

Boston starter Josh Beckett was matching Alvarez pitch-for-pitch at the beginning of the game but had to leave with two out in the fourth with a sprained ankle.

THE CANADIAN PRESS

Als get hammered

Avon Cobourne and Kevin Glenn couldn't decide who was hotter in Hamilton's 44-21 Labour Day victory over the Montreal Alouettes.

Cobourne, who rushed for 102 yards and two touchdowns against his former teammates, said quarterback Kevin Glenn was "on fire."

But Glenn was having none of that, responding, "He (Cobourne) was on fire. I touched him one time and burnt my hand."

Out west

The Edmonton Eskimos vaulted into first place in the CFL's West Division with a 35-7 win over the Calgary Stampeders yesterday.

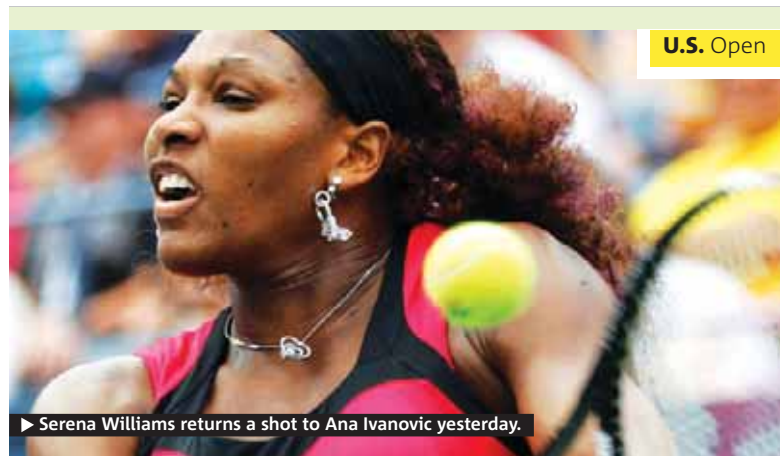
That's what happened to my thumb."

Glenn was referring to the moment he left the game briefly to get some work done on his throwing hand, but it didn't slow

down his offence, which produced 390 yards of net offence in a balanced attack on the ground and in the air.

"You tend to have a lot of success when you have a balanced attack," said the pivot who completed 14 of 18 passes to six receivers for 237 yards, one TD and no interceptions. "The offensive line did a good job and, like I've said, him (Cobourne) running the ball helps me out a lot."

THE CANADIAN PRESS



► Serena Williams returns a shot to Ana Ivanovic yesterday.

U.S. Open

MEL EVANS/THE ASSOCIATED PRESS

Williams reaches quarter-finals

Serena Williams fought off the wind, along with brief flurries of effectiveness from her opponent, to advance to the quarter-finals of the U.S. Open yesterday with a 6-3, 6-4 victory over Ana Ivanovic.

The top player on the men's side, Novak Djokovic, also advanced with a 7-6 (14), 6-4, 6-2 victory over No. 22 Alexandr Dolgoplov.

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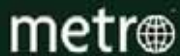
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#E86319



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Cars & Trucks for Sale

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#E86267



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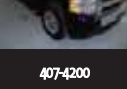
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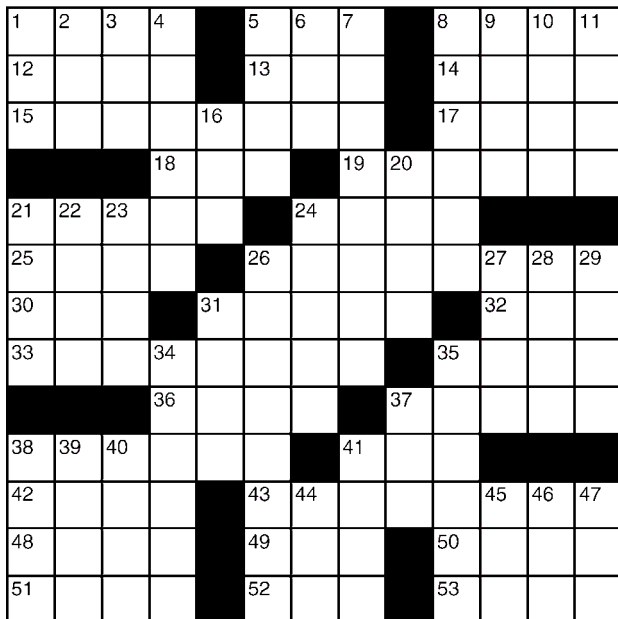
Crossword

Across

- 1 "Woe is me!"
5 Snapshot, for short
8 Church section
12 Chore
13 Blonde shade
14 Bucket
15 Anise-flavored liqueur
17 Nursery color, maybe
18 Larry and Curly's cohort
19 Heavy hammer
21 Lights
24 On the briny
25 "Hi, sailor!"
26 Engrossed
30 More (Sp.)
31 Sculptor Oldenburg
32 Regret
33 Not concrete
35 Actress Sorvino
36 Corn peel
37 Energy
38 Yell sharply
41 Chaps
42 Nickel, for one
43 Missing person?
48 Uncontrollable
49 Postal Creed word
50 Davenport's site
51 Wagers
52 Bribe
53 Basin accessory

Down

- 1 — glance
2 Science workshop
3 Fool
4 Meager
5 Cracker spread
6 Somewhat (Suff.)



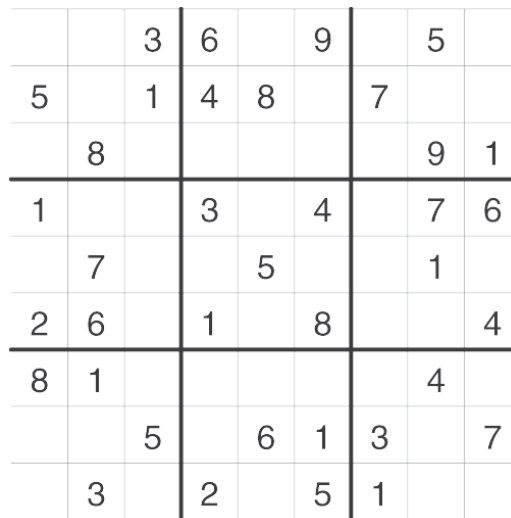
- 7 Board and 32 pieces
8 Seem
9 Settled a debt
10 Croon
11 Actress Sommer
16 Ph. bk. data
20 Many summertime births
21 Dalai —
22 Moby Dick's pursuer
23 Rolling stone's lack
24 Unawares
26 Fairbanks folks
27 Naval hoosegow
28 Continental coin

- 29 Darling
31 Motley —
34 Uses one's gray matter
35 Mickey's girlfriend
37 Flying geese's formation
38 Wound cover
39 Kansas, to Dorothy
40 Urban disturbance
41 Abbr. that may cause sticker shock
44 Ghost's cry
45 AAA job
46 Lamb's mama
47 Listener

► Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►

7	6	8	9	1	3	4	2	5
1	9	5	8	4	2	3	6	7
2	4	3	6	5	7	1	9	8
9	5	4	3	8	1	6	7	2
8	7	2	5	6	4	9	1	3
6	3	1	2	7	9	8	5	4
5	8	7	1	3	6	2	4	9
3	2	6	4	9	5	7	8	1
4	1	9	7	2	8	5	3	6

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Jonathan

I<3 I am so proud of you and your new job, but now that you have to get up early every day I miss waking up next to you in the mornings :(so here is a kiss for every morning I'm not with you. I love you baby! xoxo
VICTORIA

barrett

im sending you a kiss that every one can see, alittle better then kissing in public. I love you every much barrett and I'm very happy, the lord has a plan for us
YOUR LIFE, CRYSTAL

snuggle bunny,

baby, the curve of your lips in the moonlight looks like a beautiful rose petal. i miss you everyday you're not with me. the touch of your hand warms up my whole day :) love youuu forever
SNUGGLE ELEPHANT

Today's horoscope

♈ **Aries** March 21-April 20 Over the next 24 hours, don't burn yourself out. Just focus on what is most important — and do it.

♉ **Taurus** April 21-May 21 Don't be put off if someone you meet seems a bit too detached emotionally. You have things in common.

♊ **Gemini** May 22-June 21 There are times when you say things to shock those around you. Be ready for the backlash.

♋ **Cancer** June 22-July 22 Be honest with loved ones. Let them know what they are doing wrong.

♌ **Leo** July 23-Aug. 23 You may be trying to deny your feelings, but is it worth the effort? You know it's bad to bottle them up. Express.

♍ **Virgo** Aug. 24-Sept. 22 Events may have taken some of the gloss off your achievements over the past few days. You'll shine soon.

♎ **Libra** Sept. 23-Oct. 23 Think deeply about your life and where it is headed. Then act.

♏ **Scorpio** Oct. 24-Nov. 22 You may not agree with what certain people are up to but it is not your place to question their actions.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ **Sagittarius** Nov. 23-Dec. 21

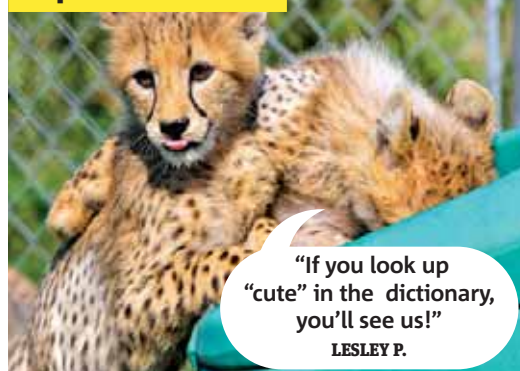
Every time you try to get started on something, a force holds you back. It may not be the right time.

♑ **Capricorn** Dec. 22-Jan. 20 Avoid people and places that depress you. Your mood will improve.

♒ **Aquarius** Jan. 21-Feb. 18 A friend or colleague will give you excellent advice today. If you are smart, you will listen and learn.

♓ **Pisces** Feb. 19-March 20. One-to-one relationships are under both helpful and challenging stars right now. **SALLY BROMPTON**

Caption contest



"If you look up
"cute" in the dictionary,
you'll see us!"
LESLEY P.



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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